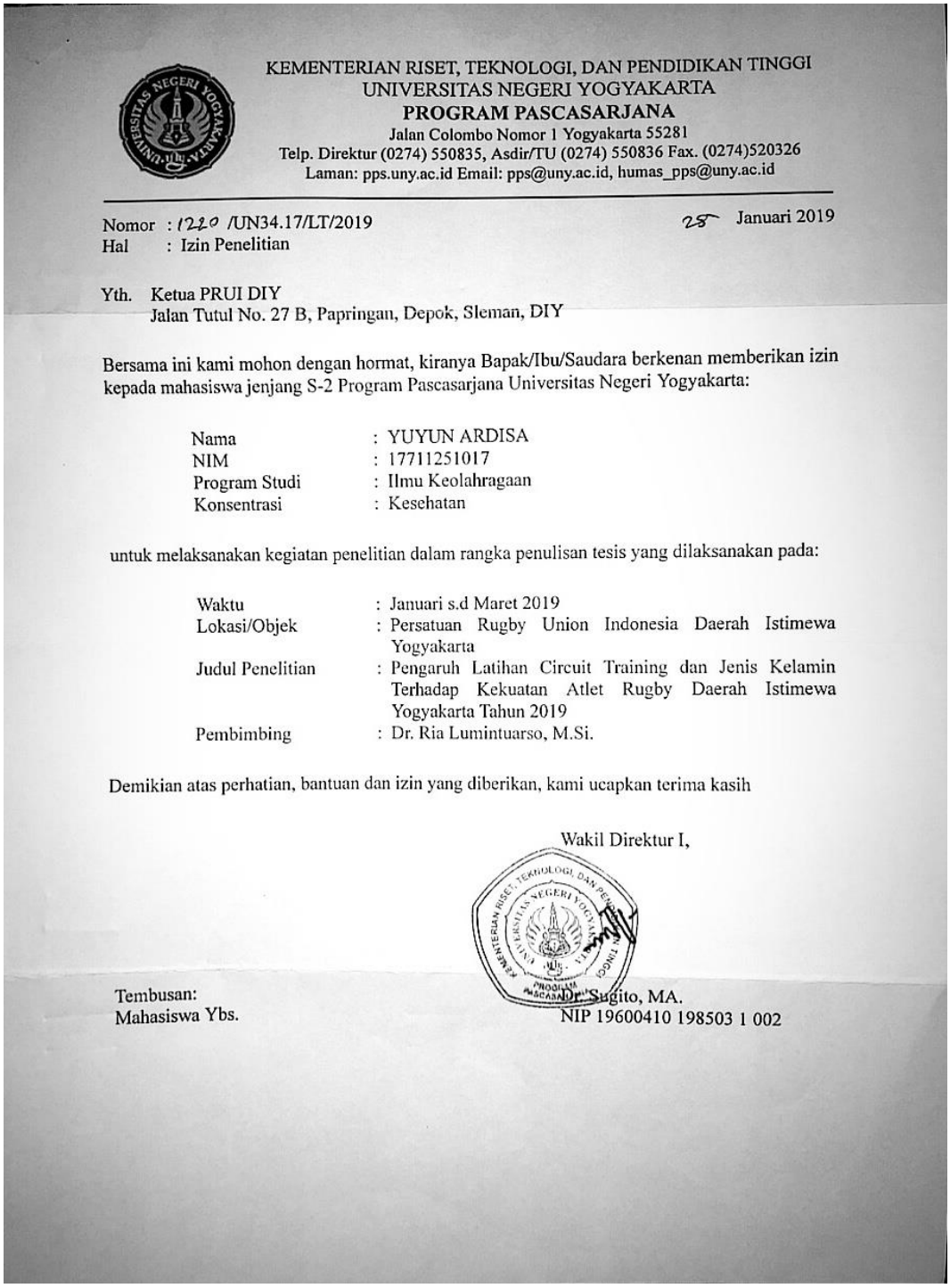
LAMPIRAN

Lampiran 1. Surat Ijin Penelitian Universitas Negeri Yogyakarta



KEMENTERIAN RISET, TEKNOLOGI, DAN PENDIDIKAN TINGGI
UNIVERSITAS NEGERI YOGYAKARTA
PROGRAM PASCASARJANA
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Laman: pps.uny.ac.id Email: pps@uny.ac.id, humas_pps@uny.ac.id

Nomor : 1220 /UN34.17/LT/2019 — 25 Januari 2019
Hal : Izin Penelitian

Yth. Ketua PRUI DIY
Jalan Tutul No. 27 B, Papringan, Depok, Sleman, DIY

Bersama ini kami mohon dengan hormat, kiranya Bapak/Ibu/Saudara berkenan memberikan izin kepada mahasiswa jenjang S-2 Program Pascasarjana Universitas Negeri Yogyakarta:

Nama	: YUYUN ARDISA
NIM	: 17711251017
Program Studi	: Ilmu Keolahragaan
Konsentrasi	: Kesehatan

untuk melaksanakan kegiatan penelitian dalam rangka penulisan tesis yang dilaksanakan pada:

Waktu	: Januari s.d Maret 2019
Lokasi/Objek	: Persatuan Rugby Union Indonesia Daerah Istimewa Yogyakarta
Judul Penelitian	: Pengaruh Latihan Circuit Training dan Jenis Kelamin Terhadap Kekuatan Atlet Rugby Daerah Istimewa Yogyakarta Tahun 2019
Pembimbing	: Dr. Ria Lumintuarso, M.Si.

Demikian atas perhatian, bantuan dan izin yang diberikan, kami ucapkan terima kasih

Wakil Direktur I,

Dr. Sugito, MA.
NIP 19600410 198503 1 002

Tembusan:
Mahasiswa Ybs.

Lampiran 2. Surat Ijin Penelitian Persatuan Rugby Union Indonesia Daerah Istimewa Yogyakarta (PRUI DIY)

PERSATUAN RUGBY UNION INDONESIA
DAERAH ISTIMEWA YOGYAKARTA
Jl. Tutul No 27 B,Papringan, Depok Sleman, Yogyakarta 55281
e-mail: yogyakarta@rugbyindonesia.or.id

Nomor : 002/PRUI/DIY/I/2019
Perihal : Balasan Surat Ijin Penelitian

Kepada Yth:
Bpk. Dr. Sugito, MA.
Wakil Direktur I, Program Pascasarjana, UNY
Di Tempat

Dengan hormat

Yang bertanda tangan dibawah ini

Nama : Abdul Mahfudin Alim M.Pd
Jabatan : Ketua PRUI DIY

Menaggapi surat saudara No.1220/UN34.17/LT/2019, Tanggal 25 Januari 2019, perihal permohonan ijin penelitian.

Menerangkan bahwa:

Nama : Yuyun Ardisa
No.Mhs : 17711251017

Telah kami setujui untuk melakukan penelitian di Tim Rugby D.I.Yogyakarata yang berjudul "Pengaruh Latihan Circuit Training dan Jenis Kelamin Terhadap Kekuatan Atlet Rugby Daerah Istimewa Yogyakarta Tahun 2019".

Demikian surat ini kami sampaikan, mohon bisa digunakan sebagaimana mestinya.

Yogyakarta, 26 Januari 2019

Abdul Mahfudin Alim, M.Pd

Lampiran 3. Hasil Pre Test Atlet *Rugby* D.I.Yogyakarta 5 dan 7 Februari 2019

Nama	Yoyo test		Alactic								Strenght testing								Standing long jump			Wall seat		Wall seat 2		Sit up	Sit up	Push up	Push up	L/p	Score strength	Kelompok
			20 m sprint	20 m sprint	Flying 40m	Flying 40m	Ilionis agilit		T run test		Wall seat		Wall seat 2		Sit up	Sit up	Push up	Push up													
	1	2	1	2	1	2	1	2	1	2	Kanan	Kiri	Kanan	Kiri	1	2	1	2	1	2	3	Kanan	Kiri	Kanan	Kiri							
Handika	43,12	43,46	3,19	3,13	5,44	5,35	17,1	16,53	10,84	11,6	67	91	126	135	34	35	39	38	2,68	2,86	2,8	4	8	9	11	11	11	11	11	L	9,5	A
Hendrik	41,45	42,11	2,36	2,26	5,58	5,46	16,66	16,85	11,16	12,05	135	127	132	135	28	30	35	36	2,1	2,35	2,1	10	10	10	7	7	7	9	9	L	8,625	B
Nino	42,45	44,8	3,34	3,4	5,91	5,94	18,5	16,97	11,59	11,53	82	74	83	71	30	32	39	38	2,22	2,32	2,5	7	5	6	8	8	8	10	10	L	7,75	B
Dodo	43,12	44,46	3,4	3,25	5,72	5,6	17,34	17,91	10,97	12,41	148	87	159	66	24	28	30	32	2,74	2,66	2,63	11	7	11	6	6	6	6	8	L	7,625	B
Reza	41,1	42,11	3,44	3,59	6,19	5,97	19,28	16,84	12,06	12,46	74	70	75	70	32	34	32	31	2,39	2,18	2,36	5	3	5	10	10	10	8	6	L	7,125	A
Apri	39,76	39,76	3,41	3,6	5,91	5,88	19,09	18,89	11,91	11,78	116	108	110	100	20	23	30	30	2,5	2,54	2,37	9	9	8	4	3	5	5	3	L	5,75	A
Tomi	41,1	40,77	3,44	3,38	5,72	5,75	17,87	16,94	11,15	12,07	90	80	69	81	21	20	32	30	2,3	2,41	2,47	8	6	3	5	5	2	7	4	L	5	B
Sodikin	38,42	38,75	3,12	3,3	5,81	6,35	17,92	17,94	12,2	11,03	61	64	58	60	31	32	28	31	2,36	2,48	2,47	2	1	1	9	9	9	2	5	L	4,75	B
Riza	45,81	45,47	2,08	3,25	5,5	5,66	18,59	19,05	11,57	12,02	81	159	94	187	19	22	29	30	2,5	2,54	2,37	6	11	7	2	2	3	3	2	L	4,5	B
Satria	37,74	39,09	4,09	4,1	7,07	6,97	20,94	19,13	13,78	14,15	64	71	67	75	18	20	30	32	1,8	1,89	1,87	3	4	2	1	1	1	4	7	L	2,875	A
Fahmi	39,76	39,42	3,69	3,81	6,31	6,53	19,22	19,5	11,37	12,15	61	70	75	66	20	22	24	26	2,1	2,23	2,22	1	2	4	3	4	4	1	1	L	2,5	A
Ani	39,09	39,09	3,69	3,41	6,53	6,56	19,62	17,75	13,16	13,45	143	121	159	122	20	21	28	28	2,17	2,2	2,23	9	10	10	10	5	5	8	8	P	8,125	A
Fevi	40,77	41,1	3,91	3,81	6,84	6,37	19,13	18,25	12,39	12,28	184	71	121	80	22	24	30	28	1,93	1,93	2,06	10	6	9	7	6	7	10	9	P	8	A
Septi	39,76	39,76	3,56	3,69	6,2	6,34	19,97	20,93	14,1	14,56	101	89	93	99	18	21	25	26	1,85	1,89	1,5	8	8	7	9	2	4	5	7	P	6,25	B
Dela	38,42	38,42	3,86	4,12	7,82	7,85	20,69	18,35	16	16,55	72	103	70	63	24	25	25	25	2,35	2,3	2,35	4	9	4	1	10	10	6	5	P	6,125	B
Fafi	38,75	39,42	3,75	4,03	6,82	7,19	19,09	18,81	13,63	14,3	63	85	91	74	19	20	29	32	1,75	1,67	1,8	2	7	6	5	4	3	9	10	P	5,75	B
Nabil	40,77	40,77	3,97	4,15	7,69	7,28	18,1	18,65	12,66	13,28	79	62	63	81	22	24	24	25	1,4	2	1,88	6	2	1	8	7	8	3	4	P	4,875	A
Kristi	38,75	39,42	3,78	4,07	6,81	6,91	20,75	19,54	14	14,5	67	67	91	70	23	24	23	23	1,83	1,86	1,86	3	3	5	4	9	9	2	1	P	4,5	A
Emil	40,77	40,43	3,78	3,75	7,06	6,81	25,04	20,92	13,31	14,72	73	60	69	65	23	22	26	23	1,68	1,81	1,17	5	1	3	3	8	6	7	2	P	4,375	A
Rafi	37,74	38,75	3,97	3,85	7,03	7,4	21,06	18,25	13,47	13,75	88	71	107	79	18	20	22	25	1,95	1,8	1,83	7	5	8	6	3	2	1	3	P	4,375	A
Indri	37,74	38,42	4,38	4,19	7,81	7,78	20,65	19,5	13,53	15,53	32	71	66	65	13	15	25	26	1,47	1,7	1,77	1	4	2	2	1	1	4	6	P	2,625	B

Lampiran 4. Periodisasi Pra PON 2019

<table>
<tr><td colspan="12">PERIODIZATION FOR RUGBY DIY 2019 TO
PRA PON SEPTEMBER 2019</td></tr>
<tr><td>Month of Training</td><td colspan="2">I</td><td colspan="2">II</td><td colspan="2">III</td><td>IV</td><td>V</td><td>VI</td><td>VII</td><td>VIII</td><td>IX</td></tr>
<tr><td>Periodization</td><td colspan="4">Preparation</td><td colspan="5">Competitive (League games)</td><td>T</td></tr>
<tr><td rowspan="3">Technical Training</td><td colspan="2" rowspan="3">Individual Skills</td><td colspan="4" rowspan="3">Integrate individual skill into team tactics</td><td colspan="5">Integrate individual</td><td rowspan="3">/</td></tr>
<tr><td colspan="5">offence defense</td></tr>
<tr><td colspan="5">Adapt the according to opposing teams</td></tr>
<tr><td>Tactical Training</td><td colspan="2">/</td><td colspan="4">Develop Fundamentals of offence and defence</td><td colspan="5">Refine tactical skills: offence and defense build flexible team tactics according to your opposition</td><td>/</td></tr>
<tr><td>Strenght and Power</td><td>AA</td><td>MxS</td><td colspan="2">MxS
M-E</td><td colspan="2">Power
MxS
M-E</td><td colspan="5">Maitain MxS and Power</td><td>AA</td></tr>
<tr><td rowspan="3"></td><td rowspan="3">CT (Body weight or gym <60% RM)</td><td rowspan="3"><80% RM</td><td colspan="2" rowspan="3">>80% RM</td><td colspan="2">65-75% RM</td><td colspan="5">· Plyometric</td><td></td></tr>
<tr><td colspan="2" rowspan="2">Plyometric</td><td colspan="5">· Maximum-strength, power-building workouts</td><td></td></tr>
<tr><td colspan="5">· Weight training 1 day per week to maintain</td><td></td></tr>
<tr><td>Agility Training</td><td colspan="2">/</td><td colspan="2">Learn new skill</td><td></td><td>Agility and quickness</td><td colspan="5">Maitain specific agility drills</td><td>/</td></tr>
<tr><td rowspan="3">Speed</td><td colspan="2" rowspan="3">/</td><td colspan="4">Begin Maximum speed (Alactic)</td><td colspan="5">Maintain</td><td rowspan="3">/</td></tr>
<tr><td colspan="4">Alactic and lactic tactical drill</td><td colspan="5">>Maximum Speed</td></tr>
<tr><td colspan="4">Short repetition of maximum speed (alactic)</td><td colspan="5">Position-specific drills</td></tr>
<tr><td rowspan="3">Endurace</td><td colspan="2" rowspan="2">Aerobic</td><td colspan="2">Mixed</td><td colspan="2">Game and position-Specific drill</td><td colspan="5" rowspan="2">Game and position-specific endurance (ergogenesis)</td><td rowspan="2">Aerobic</td></tr>
<tr><td colspan="2">Game and position-specific endurance</td><td colspan="2">*Lactic
*Aerobic</td></tr>
<tr><td colspan="2">Circuit Training, Fartrek</td><td colspan="8">Fartrek, Acceleration sprints, Hollow sprint, Interval Training, Sprint Training, Circuit Training</td><td></td></tr>
<tr><td>Testing</td><td>X</td><td>X</td><td colspan="2">X</td><td></td><td>X</td><td>X</td><td></td><td></td><td></td><td></td><td></td></tr>
</table>

Legend

T	:	Transition
/	:	That type of training is not planned for phae anatomical adaptaion,
AA	:	or the foundation for maximum strength (MxS)
MxS	:	Maksimum strenght, Muscle
M-E	:	Ednurance

Lampiran 5. *Circuit Training Adapted from* Bompa & Claro (2009)

Circuit training (CT) performed in a gym

Circuit A uses the athlete's own body weight and/or light equipment:
Suggested CT for a gym setting

#	Exercise	Duration of Activity/Station	Rest Interval (RI) Between Stations/sec.
1	Lunges: 5 kg dumbbell in each hand.	30-45 sec	30
	Perform them: Forward, diagonal, side.		
2	An abdomen exercise	8-15 reps	30
3	Between legs medicine ball (MB)	10-20 throws	30
	forward throws		
4	Push-ups	8-20 reps	30
5	Two-leg slalom jumps	20-45 seconds	60
6	MB chest/overhead throw	10-20 throws	30
7	Trunk twists on an oblique bench,	8-12 each	60
	20 kg disc held above chest	direction	
8	Chin-ups	8-15	30
9	Step-ups	1-3 minutes	60

Circuit B is combining weights with cardio:

Suggested CT for a gym set-up, with participants combining weights and cardio for a better increase in working potential

#	Exercise		Week 2	Week 3	RI min.
1	Cardio in min.	8	10	12	1
2	Leg press / squats	50/15/3	60/12/3	70/10/3	2
3	Bent-knee sit-ups	To discomfort.	>	To high discomfort	1
4	MB chest throws	20x3	>	25x3	2
5	Shoulder press	50/12/2	60/10/2	60/12/2	1
6	Cardio in min.	8	10	10	1
7	Arm pulls / rows	60/10/3	60/12/3	70/10/3	1
8	Bench press	60/10/3	60/12/3	70/12/3	1
9	Leg curls	50/10/2	50/12/2	60/12/2	2
10	Cardio in min.	10	10	10	1

Lampiran 6. Modifikasi *Circuit Training*

CIRCUIT TRAINING A

#	Exercise		Duration of Activity/Station	Rest Interval (RI) Between Stations/sec.	min
1	Step Up 40 cm	Kaki	1.30 min	15	
	Step Up 40 cm		1.30 min	15	
2	Push Up	Tangan	1 min	15	
3	Back Up	Punggung	1 min	15	
4	Russian Twists	Perut	1 min	15	
5	Step Up 40 cm	Kaki	1 min	45	
	Step Up 40 cm		1 min	45	
6	Plank up and down	Tangan	1 min	15	
7	Two leg slalom Jump	Kaki	1 min	15	
8	Sit up	Perut	1 min	15	
9	Step up 40 cm	Kaki	3 min	-	
Rest : 2 Min			13 min	4.30 min	17.30 min

CIRCUIT TRAINING B

#	Exercise		Duration of Activity/Station	Rest Interval (RI) Between Stations/sec.	min
1	Cardio 70%	Kaki	3 min	30	
2	Push Up	Tangan	1 min	15	
3	Back Up	Punggung	1 min	15	
4	Russian Twists	Perut	1 min	15	
5	Cardio 70%	Kaki	3 min	30	
6	Plank up and down	Tangan	1 min	15	
7	Two leg slalom Jump	Kaki	1 min	15	
8	Sit up	Perut	1 min	15	
9	Cardio 70%	Kaki	3 min	-	
Rest : 2 Min			15 min	2.30 min	17.30 min

Lampiran 7. Program Mikro *Circuit Training* Rugby D.I.Y 2019

JANUARI

AHAD		6	13	20	27 **uji coba 1**
SENIN		7	14	21	28
SELASA	1	8	15	22	29
RABU	2	9	16	23	30
KAMIS	3	10	17	24	31
JUMAT	4	11	18	25	
SABTU	5	12	19	26	

FEBRUARI

AHAD		3 **uji coba 3**	10	17 **2 set (3)**	24 **3 set (6)**
SENIN		4	11	18	25
SELASA		5 **Pre-Test 1**	12	19 **3 set (4)**	26 **3 set (7)**
RABU		6	13 **2 set (1)**	20	27
KAMIS		7 **Pre-Test 2**	14	21	28
JUMAT	1 **uji coba 2**	8	15 **2 set (2)**	22 **3 set (5)**	
SABTU	2	9	16	23	
			1	2	3

MARET

AHAD		3 **4 set (9)**	10 **4 set (12)**	17 **PO.TS**	24
SENIN		4	11	18	25
SELASA		5 **4 set (10)**	12 **4 set (13)**	19	26
RABU		6	13	20	27
KAMIS		7	14	21	28
JUMAT	1 **3 set (8)**	8 **4 set (11)**	15 **4 set (14)**	22	29
SABTU	2	9	16	23	30
	3	4	5		

PreTest Awal	:	21 Desember 2019
Uji Coba Penelitian	:	15 – 31 Januari 2019
Pre Test Akhir	:	17 Februari 2019
Post Test	:	17 April 2019
Waktu Treatment	:	3 Februari – 15 Maret 2019
Hari Latihan	:	Senin, Rabu, Jumat
Waktu Latihan	:	16.00 – 18.00 WIB
Waktu Treatment	:	±16.00 – 17.00 WIB

Lampiran 8. Hasil Pre Test dan Post Test Latihan Circuit Training

HASIL PRE TEST ATLET RUGBY DIY 20 JANUARI 2019 DAN POST TEST 17 MARET 2019

No	Nama	Yoyo test			Alactic														Strenght testing												Power					
					20 m Sprint				40m Sprint				Ilionis agilit			T run test			Wall seat 1		Wall seat 2		Wall seat 3		Sit up			Push up			Standing long jump			Standing long jump		
		1	2	3	1	2	3	4	1	2	3	4	1	2	3	1	2	3	Kanan	Kiri	Kanan	Kiri	Kanan	Kiri	1	2	3	1	2	3	1	2	3	1	2	3
1	Handika	43,12	43,46	46,14	3,19	3,13	3.00	2.94	5,44	5,35	5.31	5.03	17,1	16,53	15.50	10,84	11,6	10.00	67	91	126	135	1.65	1.38	34	35	35	39	38	47	2,68	2,86	2,8	2.78	2.90	2.93
3	Hendrik	41,45	42,11		2,36	2,26			5,58	5,46			16,66	16,85		11,16	12,05		135	127	132	135			28	30		35	36		2,1	2,35	2,1			
10	Nino	42,45	44,8	46,14	3,34	3,4	3.41	3.32	5,91	5,94	5.88	5.75	18,5	16,97	17.00	11,59	11,53	10.63	82	74	83	71	1.12	1.22	30	32	28	39	38	41	2,22	2,32	2,5	2.29	2.40	2.50
2	Dodo	43,12	44,46	47,15	3,4	3,25	3.34	3.22	5,72	5,6	5.72	5.54	17,34	17,91	15.82	10,97	12,41	10.28	148	87	159	66	2.50	2.53	24	28	29	30	32	30	2,74	2,66	2,63	2.70	2.70	2.73
8	Reza	41,1	42,11	43,79	3,44	3,59	3.53	3.47	6,19	5,97	6.06	5.94	19,28	16,84	16.69	12,06	12,46	10.28	74	70	75	70	1.37	1.37	32	34	25	32	31	36	2,39	2,18	2,36	2.39	2.46	2.52
5	Apri	39,76	39,76	41,10	3,41	3,6	3.35	3.34	5,91	5,88	5.72	6.78	19,09	18,89	16.69	11,91	11,78	10.88	116	108	110	100	0.38	1.09	20	23	28	30	30	36	2,5	2,54	2,37	2.42	2.49	2.50
6	Tomi	41,1	40,77	42,45	3,44	3,38	3.35	3.34	5,72	5,75	5.94	5.46	17,87	16,94	17.44	11,15	12,07	10.73	90	80	69	81	2.02	1.30	21	20	25	32	30	32	2,3	2,41	2,47	2.32	2.40	2.46
7	Sodikin	38,42	38,75	39,42	3,12	3,3	3.59	3.41	5,81	6,35	5.88	6.15	17,92	17,94	16.57	12,2	11,03	10.94	61	64	58	60	0.59	1.15	31	32	18	28	31	23	2,36	2,48	2,47	2.38	2.22	2.10
4	Riza	45,81	45,47	48,83	2,08	3,25	2.97	3.25	5,5	5,66	5.75	5.47	18,59	19,05	16,56	11,57	12,02	10.63	81	159	94	187	1.58	2.68	19	22	30	29	30	35	2,5	2,54	2,37	2.43	2.49	2.62
9	Satria	37,74	39,09	38,42	4,09	4,1	4.06	3.93	7,07	6,97	6.85	7.00	20,94	19,13	19.00	13,78	14,15	12.97	64	71	67	75	2.12	2.09	18	20	22	30	32	36	1,8	1,89	1,87	1.78	2.00	2.00
11	Fahmi	39,76	39,42	39,09	3,69	3,81	3.97	3.62	6,31	6,53	6.04	6.69	19,22	19,5	17,97	11,37	12,15	11.88	61	70	75	66	1.16	1.06	20	22	20	24	26	37	2,1	2,23	2,22	2.10	2.32	2.24
6	Ani	39,09	39,09	39,42	3,69	3,41	3.62	3.78	6,53	6,56	6.47	6.62	19,62	17,75	17.62	13,16	13,45	11.88	143	121	159	122	2.22	1.50	20	21	25	28	28	25	2,17	2,2	2,23	2.20	2.06	2.27
3	Fevi	40,77	41,1		3,91	3,81			6,84	6,37			19,13	18,25		12,39	12,28		184	71	121	80			22	24		30	28		1,93	1,93	2,06			
4	Septi	39,76	39,76	39,76	3,56	3,69	3.50	3.43	6,2	6,34	6.43	6.37	19,97	20,93	18.21	14,1	14,56	12.13	101	89	93	99	2.01	1.13	18	21	26	25	26	36	1,85	1,89	1,5	2.90	2.00	1.94
10	Dela	38,42	38,42	38,42	3,86	4,12	4.26	4.09	7,82	7,85	7.72	7.38	20,69	18,35	19.20	16	16,55	14.03	72	103	70	63	1.29	1.18	24	25	27	25	25	28	2,35	2,3	2,35	2.38	2.52	2.52
7	Fafi	38,75	39,42	40,43	3,75	4,03	3.88	3.72	6,82	7,19	6.88	7.06	19,09	18,81	18.16	13,63	14,3	13.37	63	85	91	74	1.02	1.01	19	20	24	29	32	28	1,75	1,67	1,8	1.85	1.76	1.82
5	Nabil	40,77	40,77	41,44	3,97	4,15	3.88	3.71	7,69	7,28	6.66	6.72	18,10	18,65	17.88	12,66	13,28	12.07	79	62	63	81	1.23	1.23	22	24	23	24	25	27	1,4	2	1,88	1.91	2.04	2.03
2	Kristi	38,75	39,42	39,42	3,78	4,07	4.00	4.00	6,81	6,91	7.09	6.97	20,75	19,54	19.22	14	14,5	13.22	67	67	91	70	1.48	1.23	23	24	25	23	23	27	1,83	1,86	1,86	1.83	1.86	1.79
1	Emil	40,77	40,43	40,43	3,78	3,75	3.97	4.09	7,06	6,81	7.22	7.16	25,04	20,92	18.47	13,31	14,72	12.28	73	60	69	65	3.16	1.23	23	22	27	26	23	35	1,68	1,81	1,17	1.87	1.86	1.79
8	Rafi	37,74	38,75		3,97	3,85			7,03	7,4			21,06	18,25		13,47	13,75		88	71	107	79			18	20		22	25		1,95	1,8	1,83			
9	Indri	37,74	38,42	38,08	4,38	4,19	4.38	4.23	7,81	7,78	7.97	7.62	20,65	19,5	20.38	13,53	15,53	14.00	32	71	66	65	1.13	1.02	13	15	13	25	26	27	1,47	1,7	1,77	1.83	1.93	1.79

Lampiran 9. Hasil Validasi dan Reliabilitas

HASIL VALIDASI DAN RELIABILITAS

Laki – laki

Test	Validitas	Reliabilitas
Wall Seat (Kanan)	0,837	0,911
Wall Seat (Kiri)	0,872	0,923
Sit Up	0,990	0,993
Push Up	0,965	0,972

Perempuan

Test	Validitas	Reliabilitas
Wall Seat (Kanan)	0,629	0,725
Wall Seat (Kiri)	0,671	0,735
Sit Up	0,967	0,978
Push Up	0,806	0,889

Lampiran 10. Uji Reliabilitas Testi Laki-Laki

UJI RELIABILITAS TESTI LAKI-LAKI

1. Testi 1

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,834

a. The items are: Yoyo test 1
b. The items are: Yoyo test 2

Reliability Statistics

Cronbach's Alpha	N of Items
,896	2

2. Testi 2

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,770

a. The items are: 20 m 1
b. The items are: 20 m 2

Reliability Statistics

Cronbach's Alpha	N of Items
,861	2

3. Testi 3

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,901

Reliability Statistics

Cronbach's Alpha	N of Items
,947	2

4. Testi 4

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,624

a. The items are: ILIONIS AGILIT 1
b. The items are: ILIONIS AGILIT 2

Reliability Statistics

Cronbach's Alpha	N of Items
,767	2

5. Testi 5

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,630

Reliability Statistics

Cronbach's Alpha	N of Items
,773	2

6. Testi 6

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,837

Reliability Statistics

Cronbach's Alpha	N of Items
,911	2

7. Testi

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,872

Reliability Statistics

Cronbach's Alpha	N of Items
,923	2

8. Testi 8

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,990

Reliability Statistics

Cronbach's Alpha	N of Items
,993	2

9. Testi 9

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,965

Reliability Statistics

Cronbach's Alpha	N of Items
,972	2

10. Testi 10

Case Processing Summary

		N	%
Cases	Valid	11	100,0
	Excluded[a]	0	,0
	Total	11	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,875

Reliability Statistics

Cronbach's Alpha	N of Items
,931	2

Lampiran 11. Uji Reliabilitas Testi Perempuan

UJI RELIABILITAS TESTI PEREMPUAN

1. Testi 1

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,915

Reliability Statistics

Cronbach's Alpha	N of Items
,935	2

2. Testi 2

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,602

Reliability Statistics

Cronbach's Alpha	N of Items
,748	2

3. Testi 3

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,859

Reliability Statistics

Cronbach's Alpha	N of Items
,924	2

4. Testi 4

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,669

Reliability Statistics

Cronbach's Alpha	N of Items
,766	2

5. Testi 5

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,864

Reliability Statistics

Cronbach's Alpha	N of Items
,918	2

6. Testi 6

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,629

Reliability Statistics

Cronbach's Alpha	N of Items
,725	2

7. Testi 7

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,671

Reliability Statistics

Cronbach's Alpha	N of Items
,735	2

8. Testi 8

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,967

Reliability Statistics

Cronbach's Alpha	N of Items
,978	2

9. Testi 9

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,806

Reliability Statistics

Cronbach's Alpha	N of Items
,889	2

10. Testi 10

Case Processing Summary

		N	%
Cases	Valid	10	100,0
	Excluded[a]	0	,0
	Total	10	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	Part 1	Value	1,000
		N of Items	1[a]
	Part 2	Value	1,000
		N of Items	1[b]
	Total N of Items		2
Correlation Between Forms			,625

Reliability Statistics

Cronbach's Alpha	N of Items
,762	2

Lampiran 12. Statistik Data Peneitian Latihan *Circuit Training* A

STATISTIK DATA PENEITIAN LATIHAN *CIRCUIT TRAINING* A

1. *Wall Seat, Sit Up* dan *Push Up*

Statistics

		wall seat kanan (pretest)	wall seat kanan (posttest)	wall seat kiri (pretest)	wall seat kiri (posttest)	sit up (pretest)	sit up (posttest)	push up (pretest)	puh up (posttest)
N	Valid	4	4	4	4	4	4	4	4
	Missing	0	0	0	0	0	0	0	0
Mean		76,250	141,0000	77,7500	108,2500	23,2500	27,5000	30,0000	38,5000
Median		70,000	126,5000	80,0000	112,0000	20,5000	26,5000	28,0000	36,0000
Mode		64,0[a]	121,00[a]	60,00[a]	74,00[a]	18,00	22,00[a]	25,00[a]	36,00
SD		16,9189	32,77194	14,86327	27,41502	7,54431	5,44671	6,37704	5,68624
Minimum		64,0	121,00	60,00	74,00	18,00	22,00	25,00	35,00
Maximum		101,0	190,00	91,00	135,00	34,00	35,00	39,00	47,00
Sum		305,0	564,00	311,00	433,00	93,00	110,00	120,00	154,00

a. Multiple modes exist. The smallest value is shown

a. *Wall Seat* Kanan

wall seat kanan (pretest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	64,0	1	25,0	25,0	25,0
	67,0	1	25,0	25,0	50,0
	73,0	1	25,0	25,0	75,0
	101,0	1	25,0	25,0	100,0
	Total	4	100,0	100,0	

wall seat kanan (posttest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	121,00	1	25,0	25,0	25,0
	126,00	1	25,0	25,0	50,0
	127,00	1	25,0	25,0	75,0
	190,00	1	25,0	25,0	100,0
	Total	4	100,0	100,0	

b. *Wall Seat* Kiri

wall seat kiri (pretest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	60,00	1	25,0	25,0	25,0
	71,00	1	25,0	25,0	50,0
	89,00	1	25,0	25,0	75,0
	91,00	1	25,0	25,0	100,0
	Total	4	100,0	100,0	

wall seat kiri (posttest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	74,00	1	25,0	25,0	25,0
	99,00	1	25,0	25,0	50,0
	125,00	1	25,0	25,0	75,0
	135,00	1	25,0	25,0	100,0
	Total	4	100,0	100,0	

c. *Sit Up*

sit up (pretest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18,00	2	50,0	50,0	50,0
	23,00	1	25,0	25,0	75,0
	34,00	1	25,0	25,0	100,0
	Total	4	100,0	100,0	

sit up (posttest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	22,00	1	25,0	25,0	25,0
	26,00	1	25,0	25,0	50,0
	27,00	1	25,0	25,0	75,0
	35,00	1	25,0	25,0	100,0
	Total	4	100,0	100,0	

d. *Push Up*

push up (pretest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	25,00	1	25,0	25,0	25,0
	26,00	1	25,0	25,0	50,0
	30,00	1	25,0	25,0	75,0
	39,00	1	25,0	25,0	100,0
	Total	4	100,0	100,0	

puh up (posttest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	35,00	1	25,0	25,0	25,0
	36,00	2	50,0	50,0	75,0
	47,00	1	25,0	25,0	100,0
	Total	4	100,0	100,0	

Lampiran 13. Statistik Data Peneitian Latihan *Circuit Training* B

STATISTIK DATA PENEITIAN LATIHAN *CIRCUIT TRAINING* B

1. *Wall Seat*, *Sit Up* dan *Push Up*

Statistics

		wall seat kanan (pretest)	wall seat kanan (posttest)	wall seat kiri (pretest)	wall seat kiri (posttest)	sit up (pretest)	sit up (posttest)	push up (pretest)	puh up (posttest)
N	Valid	7	7	7	7	7	7	7	7
	Missing	0	0	0	0	0	0	0	0
Mean		79,857	91,5714	86,8571	97,2857	22,7143	24,5714	29,7143	32,0000
Median		79,000	83,0000	74,0000	74,0000	22,0000	25,0000	29,0000	30,0000
Mode		32,0[a]	66,00[a]	62,00[a]	74,00	19,00	13,00[a]	29,00	27,00
SD		34,7823	31,35739	32,98196	40,83183	6,62607	5,74042	4,95696	5,41603
Minimum		32,0	66,00	62,00	65,00	13,00	13,00	24,00	27,00
Maximum		148,0	159,00	159,00	161,00	32,00	30,00	39,00	41,00
Sum		559,0	641,00	608,00	681,00	159,00	172,00	208,00	224,00

a. Multiple modes exist. The smallest value is shown

a. Wall Seat Kanan

wall seat kanan (pretest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	32,0	1	14,3	14,3	14,3
	63,0	1	14,3	14,3	28,6
	74,0	1	14,3	14,3	42,9
	79,0	1	14,3	14,3	57,1
	81,0	1	14,3	14,3	71,4
	82,0	1	14,3	14,3	85,7
	148,0	1	14,3	14,3	100,0
	Total	7	100,0	100,0	

wall seat kanan (posttest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	66,00	1	14,3	14,3	14,3
	73,00	1	14,3	14,3	28,6
	75,00	1	14,3	14,3	42,9
	83,00	1	14,3	14,3	57,1
	91,00	1	14,3	14,3	71,4
	94,00	1	14,3	14,3	85,7
	159,00	1	14,3	14,3	100,0
	Total	7	100,0	100,0	

b. *Wall Seat* Kiri

wall seat kiri (pretest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	62,00	1	14,3	14,3	14,3
	70,00	1	14,3	14,3	28,6
	71,00	1	14,3	14,3	42,9
	74,00	1	14,3	14,3	57,1
	85,00	1	14,3	14,3	71,4
	87,00	1	14,3	14,3	85,7
	159,00	1	14,3	14,3	100,0
	Total	7	100,0	100,0	

wall seat kiri (posttest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	65,00	1	14,3	14,3	14,3
	73,00	1	14,3	14,3	28,6
	74,00	2	28,6	28,6	57,1
	82,00	1	14,3	14,3	71,4
	152,00	1	14,3	14,3	85,7
	161,00	1	14,3	14,3	100,0
	Total	7	100,0	100,0	

c. *Sit Up*

sit up (pretest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	13,00	1	14,3	14,3	14,3
	19,00	2	28,6	28,6	42,9
	22,00	1	14,3	14,3	57,1
	24,00	1	14,3	14,3	71,4
	30,00	1	14,3	14,3	85,7
	32,00	1	14,3	14,3	100,0
	Total	7	100,0	100,0	

sit up (posttest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	13,00	1	14,3	14,3	14,3
	23,00	1	14,3	14,3	28,6
	24,00	1	14,3	14,3	42,9
	25,00	1	14,3	14,3	57,1
	28,00	1	14,3	14,3	71,4
	29,00	1	14,3	14,3	85,7
	30,00	1	14,3	14,3	100,0
	Total	7	100,0	100,0	

d. Push Up

push up (pretest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	24,00	1	14,3	14,3	14,3
	25,00	1	14,3	14,3	28,6
	29,00	2	28,6	28,6	57,1
	30,00	1	14,3	14,3	71,4
	32,00	1	14,3	14,3	85,7
	39,00	1	14,3	14,3	100,0
	Total	7	100,0	100,0	

push up (posttest)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	27,00	2	28,6	28,6	28,6
	28,00	1	14,3	14,3	42,9
	30,00	1	14,3	14,3	57,1
	35,00	1	14,3	14,3	71,4
	36,00	1	14,3	14,3	85,7
	41,00	1	14,3	14,3	100,0
	Total	7	100,0	100,0	

Lampiran 14. Uji Beda Pengaruh Jenis Kelamin Terhadap Pemberian *Circuit Training* A

UJI BEDA PENGARUH JENIS KELAMIN TERHADAP PEMBERIAN CT A

Uji t untuk mengetahui adanya perbedaan pengaruh yang berbeda antara laki – laki dan perempuan yang diberi treatmen Program Latihan *Circuit Training* A

***Wall Seat* Kanan**

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
wall seat kanan (posttest)	1,00	2	126,5000	,70711	,50000
	2,00	2	155,5000	48,79037	34,50000

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
wall seat kanan (posttest)	Equal variances assumed	19,3924	,000	,840	2	,489	-29,00000	34,50362	-177,45711	119,45711
	Equal variances not assumed		,000	,840	1,000	,555	-29,00000	34,50362	-466,97531	408,97531

***Wall Seat* Kiri**

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
wall seat kiri (posttest)	1,00	2	130,0000	7,07107	5,00000
	2,00	2	86,5000	17,67767	12,50000

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
wall seat kiri (posttest)	Equal variances assumed	12,19203	,000	3,231	2	,084	43,50000	13,46291	-14,42624	101,42624
	Equal variances not assumed		,000	3,231	1,312	,142	43,50000	13,46291	-55,93166	142,93166

Sit Up

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
sit up (posttest)	1,00	2	28,5000	9,19239	6,50000
	2,00	2	26,5000	,70711	,50000

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
sit up (posttest)	Equal variances assumed	29,3920	,000	,307	2	,788	2,00000	6,51920	-26,04986	30,04986
	Equal variances not assumed		,000	,307	1,012	,810	2,00000	6,51920	-78,57968	82,57968

Push Up

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
puh up (posttest)	1,00	2	41,5000	7,77817	5,50000
	2,00	2	35,5000	,70711	,50000

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
puh up (posttest)	Equal variances assumed	19,142376	,000	1,086	2	,391	6,00000	5,52268	-17,76218	29,76218
	Equal variances not assumed		,000	1,086	1,017	,471	6,00000	5,52268	-61,53276	73,53276

Standing Long Jump

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
standing long jump (posttest)	1,00	2	2,4650	,65761	,46500
	2,00	2	1,8650	,10607	,07500

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
standing long jump (posttest)	Equal variances assumed	15,45535	,000	1,274	2	,331	,60000	,47101	-1,42659	2,62659
	Equal variances not assumed			1,274	1,052	,416	,60000	,47101	-4,72908	5,92908

Lampiran 15. Uji Beda Pengaruh Jenis Kelamin Terhadap Pemberian *Circuit Training* B

UJI BEDA PENGARUH JENIS KELAMIN TERHADAP PEMBERIAN CT B

Uji t untuk mengetahui adanya perbedaan pengaruh yang berbeda antara laki – laki dan perempuan yang diberi treatmen Program Latihan Circuit Training B

***Wall Seat* Kanan**

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
wall seat kanan (posttest)	laki-laki	4	102,7500	38,30035	19,15017
	perempuan	3	76,6667	12,89703	7,44610

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
wall seat kanan (posttest)	Equal variances assumed	2,282	,191	1,110	5	,318	26,08333	23,49962	-34,32435	86,49102
	Equal variances not assumed			1,269	3,844	,276	26,08333	20,54686	-31,88929	84,05595

***Wall Seat* Kiri**

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
wall seat kiri (posttest)	laki-laki	4	117,0000	45,90570	22,95285
	perempuan	3	71,0000	5,19615	3,00000

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
wall seat kiri (posttest)	Equal variances assumed	124,163	,000	1,687	5	,152	46,00000	27,27392	-24,10984	116,10984
	Equal variances not assumed			1,987	3,102	,138	46,00000	23,14807	-26,31570	118,31570

Sit Up

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
sit up (posttest)	laki-laki	4	28,0000	2,16025	1,08012
	perempuan	3	20,0000	6,08276	3,51188

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
sit up (posttest)	Equal variances assumed	6,289	,054	2,497	5	,055	8,00000	3,20416	-,23657	16,23657
	Equal variances not assumed			2,177	2,382	,141	8,00000	3,67423	-5,61125	21,61125

Push up

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
puh up (posttest)	laki-laki	4	35,5000	4,50925	2,25462
	perempuan	3	27,3333	,57735	,33333

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
puh up (posttest)	Equal variances assumed	2,233	,195	3,045	5	,029	8,16667	2,68225	1,27173	15,06160
	Equal variances not assumed			3,583	3,130	,035	8,16667	2,27913	1,08134	15,25199

Lampiran 16. Uji Beda Pengaruh Program Latihan

UJI BEDA PENGARUH PROGRAM LATIHAN

Uji t perbedaan pengaruh dengan Program Latihan Circuit Training A dan Cirkuit training B dari Bompa dan Claro

Wall Seat Kanan

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
wall seat kanan (pretest)	Kelompok A	4	76,250	16,9189	8,4595
	Kelompok B	7	79,857	34,7823	13,1465
wall seat kanan (posttest)	Kelompok A	4	141,0000	32,77194	16,38597
	Kelompok B	7	91,5714	31,35739	11,85198

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
wall seat kanan (pretest)	Equal variances assumed	,322	,584	,192	9	,852	-3,6071	18,8239	-46,1898	38,9755
	Equal variances not assumed			,231	8,934	,823	-3,6071	15,6331	-39,0114	31,7971
wall seat kanan (posttest)	Equal variances assumed	,120	,737	2,477	9	,035	49,42857	19,95420	4,28904	94,56811
	Equal variances not assumed			2,444	6,122	,049	49,42857	20,22299	,18323	98,67391

Wall Seat Kiri

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
wall seat kiri (pretest)	Kelompok A	4	77,7500	14,86327	7,43163
	Kelompok B	7	86,8571	32,98196	12,46601
wall seat kiri (posttest)	Kelompok A	4	108,2500	27,41502	13,70751
	Kelompok B	7	97,2857	40,83183	15,43298

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
wall seat kiri (pretest)	Equal variances assumed	,449	,520	,514	9	,620	-9,10714	17,71531	-49,18195	30,96766
	Equal variances not assumed			,628	8,800	,546	-9,10714	14,51312	-42,05237	23,83809
wall seat kiri (posttest)	Equal variances assumed	1,423	,263	,474	9	,647	10,96429	23,13178	-41,36343	63,29201
	Equal variances not assumed			,531	8,554	,609	10,96429	20,64153	-36,10401	58,03258

Sit Up

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
sit up (pretest)	Kelompok A	4	23,2500	7,54431	3,77216
	Kelompok B	7	22,7143	6,62607	2,50442
sit up (posttest)	Kelompok A	4	27,5000	5,44671	2,72336
	Kelompok B	7	24,5714	5,74042	2,16967

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
sit up (pretest)	Equal variances assumed	,013	,913	,123	9	,905	,53571	4,35342	-9,31240	10,38383
	Equal variances not assumed			,118	5,676	,910	,53571	4,52783	-10,69851	11,76994
sit up (posttest)	Equal variances assumed	,005	,944	,828	9	,429	2,92857	3,53770	-5,07426	10,93140
	Equal variances not assumed			,841	6,673	,429	2,92857	3,48197	-5,38755	11,24469

Push Up

Group Statistics

	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
push up (pretest)	Kelompok A	4	30,0000	6,37704	3,18852
	Kelompok B	7	29,7143	4,95696	1,87355
puh up (posttest)	Kelompok A	4	38,5000	5,68624	2,84312
	Kelompok B	7	32,0000	5,41603	2,04707

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
push up (pretest)	Equal variances assumed	,262	,621	,083	9	,935	,28571	3,42940	-7,47212	8,04355
	Equal variances not assumed			,077	5,124	,941	,28571	3,69823	-9,15219	9,72362
puh up (posttest)	Equal variances assumed	,043	,840	1,883	9	,092	6,50000	3,45205	-1,30909	14,30909
	Equal variances not assumed			1,855	6,097	,112	6,50000	3,50340	-2,03943	15,03943

Standing Long Jump

Group Statistics

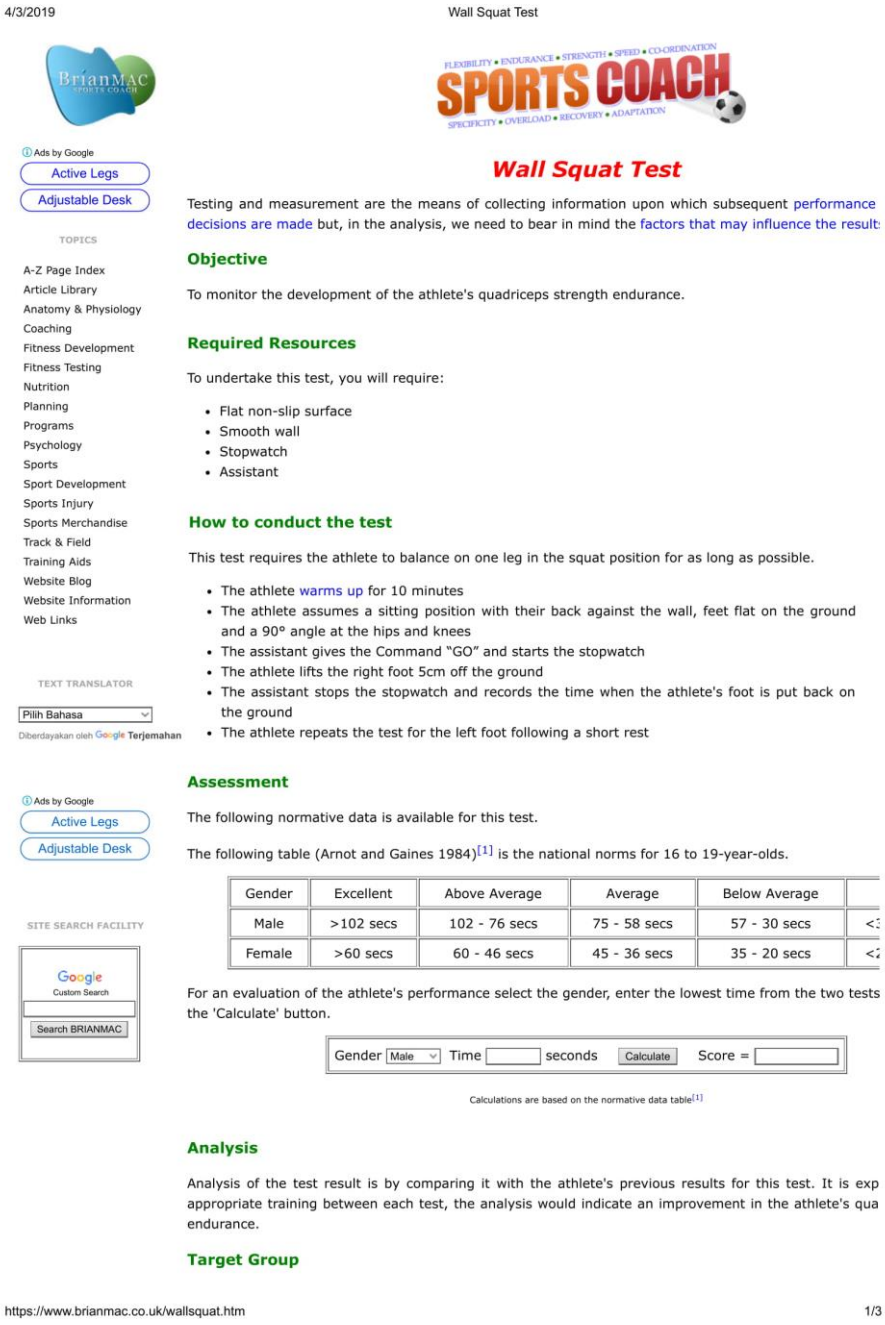
	VAR00021	N	Mean	Std. Deviation	Std. Error Mean
standing long jump (pretest)	Kelompok A	4	2,0025	,45727	,22863
	Kelompok B	7	2,0671	,52756	,19940
standing long jump (posttest)	Kelompok A	4	2,1650	,51759	,25880
	Kelompok B	7	2,2871	,39538	,14944

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
standing long jump (pretest)	Equal variances assumed	,716	,419	,204	9	,843	-,06464	,31666	-,78098	,65170
	Equal variances not assumed			,213	7,213	,837	-,06464	,30337	-,77773	,64844
standing long jump (posttest)	Equal variances assumed	,085	,778	,443	9	,668	-,12214	,27572	-,74588	,50159
	Equal variances not assumed			,409	5,053	,699	-,12214	,29884	-,88791	,64363

Lampiran 17. Instrumen Penilaian

1. Wall Squad Test



4/3/2019 Wall Squat Test

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Wall Squat Test

Testing and measurement are the means of collecting information upon which subsequent performance decisions are made but, in the analysis, we need to bear in mind the factors that may influence the result

Objective

To monitor the development of the athlete's quadriceps strength endurance.

Required Resources

To undertake this test, you will require:

- Flat non-slip surface
- Smooth wall
- Stopwatch
- Assistant

How to conduct the test

This test requires the athlete to balance on one leg in the squat position for as long as possible.

- The athlete warms up for 10 minutes
- The athlete assumes a sitting position with their back against the wall, feet flat on the ground and a 90° angle at the hips and knees
- The assistant gives the Command "GO" and starts the stopwatch
- The athlete lifts the right foot 5cm off the ground
- The assistant stops the stopwatch and records the time when the athlete's foot is put back on the ground
- The athlete repeats the test for the left foot following a short rest

Assessment

The following normative data is available for this test.

The following table (Arnot and Gaines 1984)[1] is the national norms for 16 to 19-year-olds.

Gender	Excellent	Above Average	Average	Below Average	
Male	>102 secs	102 - 76 secs	75 - 58 secs	57 - 30 secs	<:
Female	>60 secs	60 - 46 secs	45 - 36 secs	35 - 20 secs	<:

For an evaluation of the athlete's performance select the gender, enter the lowest time from the two tests the 'Calculate' button.

Gender Male Time seconds Calculate Score =

Calculations are based on the normative data table[1]

Analysis

Analysis of the test result is by comparing it with the athlete's previous results for this test. It is exp appropriate training between each test, the analysis would indicate an improvement in the athlete's qua endurance.

Target Group

https://www.brianmac.co.uk/wallsquat.htm 1/3

This test is suitable for active individuals but not for those where the test would be contraindicated.

Reliability

Test reliability refers to the degree to which a test is consistent and stable in measuring what it is inten
Reliability will depend upon how strict the test is conducted and the individual's level of motivation to p
The following link provides a variety of factors that may influence the results and therefore the test reliabi

Validity

Test validity refers to the degree to which the test actually measures what it claims to measure and the
inferences, conclusions, and decisions made on the basis of test scores are appropriate and meani
provides a means to monitor the effect of training on the athlete's physical development.

Advantages

- Minimal equipment required
- Simple to set up and conduct
- Can be conducted almost anywhere

Disadvantages

- Assistant required to administer the test

References

1. ARNOT, R. and GAINES, C. (1984) *Sports Talent*. Harmondsworth: Penguin

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Analysis of Gait

Related References

The following references provide additional information on this topic:

- CHO, M. (2013) The Effects of Modified Wall Squat Exercises on Average Adults' Deep Abdominal M
and Lumbar Stability. *Journal of Physical Therapy Science*, 25 (6), p. 689
- HINDS, E. (2011) The additional effects of swiss ball use during the wall squat exercise on lo
activity. *British Journal of Sports Medicine*, 45 (2), p. e1-e1
- WHITEHEAD, P. N. et al. (2012) Possible new modalities for the Navy physical readiness test. *Militar*
(11), p. 1417-1425

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Page Reference

If you quote information from this page in your work, then the reference for this page is:

- MACKENZIE, B. (2004) *Wall Squat Test* [WWW] Available from: https://www.brianmac.co.uk/wallsqu
[Accessed 3/4/2019]

Related Pages

The following Sports Coach pages provide additional information on this topic:

- Articles on Performance Evaluation
- Evaluation and Performance Tests

Additional Sources of Information

For further information on this topic see the following:

- BEASHEL, P. and TAYLOR, J. (1996) *Advanced Studies in Physical Education and Sport*. UK: Thomas I
Ltd.
- BEASHEL, P. and TAYLOR, J. (1997) *The World of Sport Examined*. UK: Thomas Nelson and Sons Ltd.
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- CHU, D. (1996) *Explosive Power and Strength*. USA; Human Kinetics Publishers, Inc.

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Standing Stork Test

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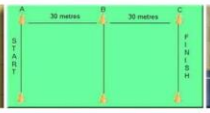

Sprint speed test over 30 metres

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Sit and Reac

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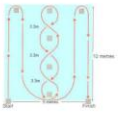

Illinois Agility Run Test

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Sit Ups Test

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Grip Strength Dynamometer Test

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'T' Drill Test

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2. Press Up Test

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Press Up Test

Testing and measurement are the means of collecting information upon which subsequent performance decisions are made but, in the analysis, we need to bear in mind the factors that may influence the result

Objective

The objective of the Press Up test is to assess the strength endurance of the athlete's upper body muscles

Required Resources

To undertake this test, you will require:

- Non-slip surface
- Assistant

How to conduct the test

Fig

Fig

- The athlete warms up for 10 minutes
- The athlete lies on the ground, places their hands by the shoulders and straightens the arms - see Figure 1 (start position)
- The athlete lowers the body until the elbows reach 90° (see Figure 2) and then extends the arms to return to the start position
- The athlete continuous this press-up action, with no rest, until they are unable to continue
- The assistant counts and records the number of correctly completed press-ups

Athletes with less relative strength in the upper body can use the modified press up position to assess their upper body strength.

- The athlete warms up for 10 minutes
- The athlete lies on the ground, places their hands by the shoulders, straightens the arms and keeps the knees on the ground- see Figure 3 (start position)
- The athlete lowers the body until the elbows reach 90° - see Figure 4 and then extends the arms to return to the start position
- The athlete continuous this press-up action, with no rest, until they are unable to continue
- The assistant counts and records the number of correctly completed press-ups

How much weight are you pressing?

When you perform the full press up (Fig 1), you are lifting approximately 75% of your body weight and press up position (Fig 3), you are lifting approximately 60% of your body weight.

Assessment

The following normative data is available for this test:

The following table, McArdle et al. (2000)[1], provides normative data for the full body press up for Men

Age	Excellent	Good	Average	Fair
20 - 29	>54	45 - 54	35 - 44	20 - 34
30 - 39	>44	35 - 44	25 - 34	15 - 24
40 -49	>39	30 - 39	20 - 29	12 - 19

50 - 59	>34	25 - 34	15 - 24	8 - 14	
60+	>29	20 - 29	10 - 19	5 - 9	

The following table, McArdle et al. (2000)[1], provides normative data for the modified Push Ups for Wome

Age	Excellent	Good	Average	Fair	
20 - 29	>48	34 - 38	17 - 33	6 - 16	
30 - 39	>39	25 - 39	12 - 24	4 - 11	
40 -49	>34	20 - 34	8 - 19	3 - 7	
50 - 59	>29	15 - 29	6 - 14	2 - 5	
60+	>19	5 - 19	3 - 4	1- 2	

The following table, adapted from Golding et al. (1986)[2], provides normative data for the Push Ups for M

Age	Excellent	Good	Above Average	Average	Below Average
17 - 19	>56	47-56	35-46	19-34	11-18
20 - 29	>47	39-47	30-38	17-29	10-16
30 - 39	>41	34-41	25-33	13-24	8-12
40 -49	>34	28-34	21-27	11-20	6-10
50 - 59	>31	25-31	18-24	9-17	5-8
60 - 65	>30	24-30	17-23	6-16	3-5

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Adn Test
Agility Training

The following table, adapted from Golding et al. (1986)[2], provides normative data for the Push Ups for W

Age	Excellent	Good	Above Average	Average	Below Average
17 - 19	>35	27-35	21-26	11-20	6-10
20 - 29	>36	30-36	23-29	12-22	7-11
30 - 39	>37	30-37	22-29	10-21	5-9
40 -49	>31	25-31	18-24	8-17	4-7
50 - 59	>25	21-25	15-20	7-14	3-6
60 - 65	>23	19-23	13-18	5-12	2-4

Share

For an evaluation of the athlete's performance select the age group and Test, enter the total number o then select the 'Calculate' button.

Age 20-29 Test Full Press Up Number of press ups
Calculate Assessment -

Assessment is based on the normative data tables above

Analysis

Analysis of the test result is by comparing it with the athlete's previous results for this test. It is exp appropriate training between each test, the analysis would indicate an improvement in the athlete's uppe endurance.

Target Group

This test is suitable for active individuals but not for those where the test would be contraindicated.

Reliability

Test reliability refers to the degree to which a test is consistent and stable in measuring what it is inten
Reliability will depend upon how strict the test is conducted and the individual's level of motivation to p
The following link provides a variety of factors that may influence the results and therefore the test reliabi

Validity

Test validity refers to the degree to which the test actually measures what it claims to measure and the
inferences, conclusions, and decisions made on the basis of test scores are appropriate and meani
provides a means to monitor the effect of training on the athlete's physical development.

Advantages

- No equipment required
- Simple to set up and conduct
- The test can be administered by the athlete
- Can be conducted almost anywhere

Disadvantages

- Assistant required to administer the test

References

1. McARDLE, W.D. et al. (2000) Training muscles to become stronger. In: McARDLE, W.D. et al., 2nd
Exercise Physiology, USA: Lippincott Williams and Wilkins, p. 418
2. GOLDING, L.A. et al. (1986) *Y's way to physical fitness: the complete guide to fitness testing and*
ed, USA: Human Kinetics

Related References

The following references provide additional information on this topic:

- WULF, G. et al. (2014) Choosing to exercise more: Small choices increase exercise engagement. *Psy*
and Exercise, *15* (3), p. 268-271
- MAEO, S. et al. (2014) Muscular activities during sling-and ground-based push-up exercise. *BMC re*
(1), p. 192.

Page Reference

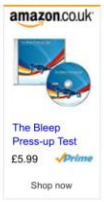
If you quote information from this page in your work, then the reference for this page is:

- MACKENZIE, B. (2001) *Press Up Test* [WWW] Available from: https://www.brianmac.co.uk/pressupts
[Accessed 3/4/2019]

Related Pages

The following Sports Coach pages provide additional information on this topic:

- Articles on Performance Evaluation
- Articles on Strength Training
- Books on Strength Training
- Evaluation and Performance Tests



Additional Sources of Information

For further information on this topic see the following:

- BEASHEL, P. and TAYLOR, J. (1996) *Advanced Studies in Physical Education and Sport*. UK: Thomas I Ltd.
- BEASHEL, P. and TAYLOR, J. (1997) *The World of Sport Examined*. UK: Thomas Nelson and Sons Ltd.
- BIZLEY, K. (1994) *Examining Physical Education*. Oxford; Heinemann Educational Publishers
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- McARDLE, W. et al. (2000) *Essentials of Exercise Physiology*. 2nd ed. Philadelphia: Lippincott William
- CHU, D. (1996) *Explosive Power and Strength*. USA; Human Kinetics Publishers, Inc.

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3. Sit Ups Test

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30 Min Workout

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Diberdayakan oleh Google Terjemahan

Ads by Google
Adn Test
Agility Training

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Google
Custom Search
Search BRIANMAC

Sit Ups Test

Testing and measurement are the means of collecting information upon which subsequent performance decisions are made but, in the analysis, we need to bear in mind the factors that may influence the result

Objective

The objective of this test is to monitor the development of the athlete's abdominal strength.

Required Resources

To undertake this test, you will require:

- Non-slip surface
- Exercise Mat
- Stopwatch
- Assistant

How to conduct the test

This test requires the athlete to perform as many sit-ups as possible in 30 seconds.

- The athlete warms up for 10 minutes
- The athlete lies on the mat with the knees bent, feet flat on the floor and their hands on their ears where they must stay throughout the test
- The assistant holds the athlete's feet on the ground
- The assistant gives the command "GO" and starts the stopwatch
- The athlete sits up touching the knees with their elbows, then returns back to the floor and continues to perform as many sit-ups as possible in 30 seconds
- The assistant keeps the athlete informed of the time remaining
- The assistant counts and records the number of correct sit-ups completed in the 30 seconds and uses this recorded value to assess the athlete's performance

Assessment

The following normative data is available for this test.

The following are norms for 16 to 19-year-olds (Davis 2000)[1].

Gender	Excellent	Above Average	Average	Below Average	Po
Male	>30	26 - 30	20 - 25	17 - 19	<1
Female	>25	21 - 25	15 - 20	9 - 14	<

For an evaluation of the athlete's performance select the gender, enter the number of sit-ups and 'Calculate' button.

Gender Male Number of Sit Ups Calculate Assessment -

Assessment is based on the Davis (2000)[1] normative data table

Analysis

Analysis of the test result is by comparing it with the athlete's previous results for this test. It is exp appropriate training between each test, the analysis would indicate an improvement in the athlete's abdor

Target Group

This test is suitable for active individuals but not for those where the test would be contraindicated.

Reliability

Test reliability refers to the degree to which a test is consistent and stable in measuring what it is inten Reliability will depend upon how strict the test is conducted and the individual's level of motivation to p The following link provides a variety of factors that may influence the results and therefore the test reliabi

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Advantages

- Minimal equipment required
- Simple to set up and conduct
- Can be conducted almost anywhere

Disadvantages

- Assistant required to administer the test

Ads by Google
AB Exercise
AB Testing

References

1. DAVIS, B. et al. (2000) *Physical Education and the study of sport*. 4th ed. London: Harcourt Publishe

Related References

The following references provide additional information on this topic:

- WHITING, W. C. et al. (1999) Muscle activity during sit-ups using abdominal exercise devices. *Strength & Conditioning Research*, 13 (4), p. 339-345
- CURETON, K. J. and WARREN, G. L. (1990) Criterion-referenced standards for youth health-related tutorial. *Research quarterly for exercise and sport*, 61 (1), p. 7-19
- ALARANTA, H. et al. (1994) Non-dynamometric trunk performance tests: reliability and r *Scandinavian journal of rehabilitation medicine*, 26 (4), p. 211-215

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- MACKENZIE, B. (2000) *Sit Ups Test* [WWW] Available from: https://www.brianmac.co.uk/situptst.htr 3/4/2019]

Related Pages

The following Sports Coach pages provide additional information on this topic:

- Articles on Performance Evaluation
- Evaluation and Performance Tests

Additional Sources of Information

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- BEASHEL, P. and TAYLOR, J. (1997) *The World of Sport Examined*. UK: Thomas Nelson and Sons Ltd.
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- DAVIS, B. et al. (2000) *Physical Education and the Study of Sport*. UK London: Harcourt Publishers L
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- McARDLE, W. et al. (2000) *Essentials of Exercise Physiology*. 2nd ed. Philadelphia: Lippincott William
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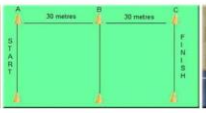
Take Quiz Celebrities Swear By

Standing Stork Test



Sprint speed test over 30 metres

Sit and Reac

Ad G - Plans

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Press Up Test

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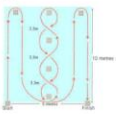

Illinois Agility Run Test

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Grip Strength Dynamometer Test

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Ruler Drop T

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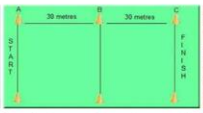
Personal Trainer San Jose

Ad Paragon Body



Sprint speed test over 30 metres

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Learn How Celebs Stay in Shape

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Lampiran 18. Foto Kegiatan

Uji Coba Instrumen

Tanggal : 15 - 31 Januari 2019

Di Lapangan Klebengan

Pre Test

Tanggal : 17 Februari 2019

Di Lapangan Klebengan

Treatment

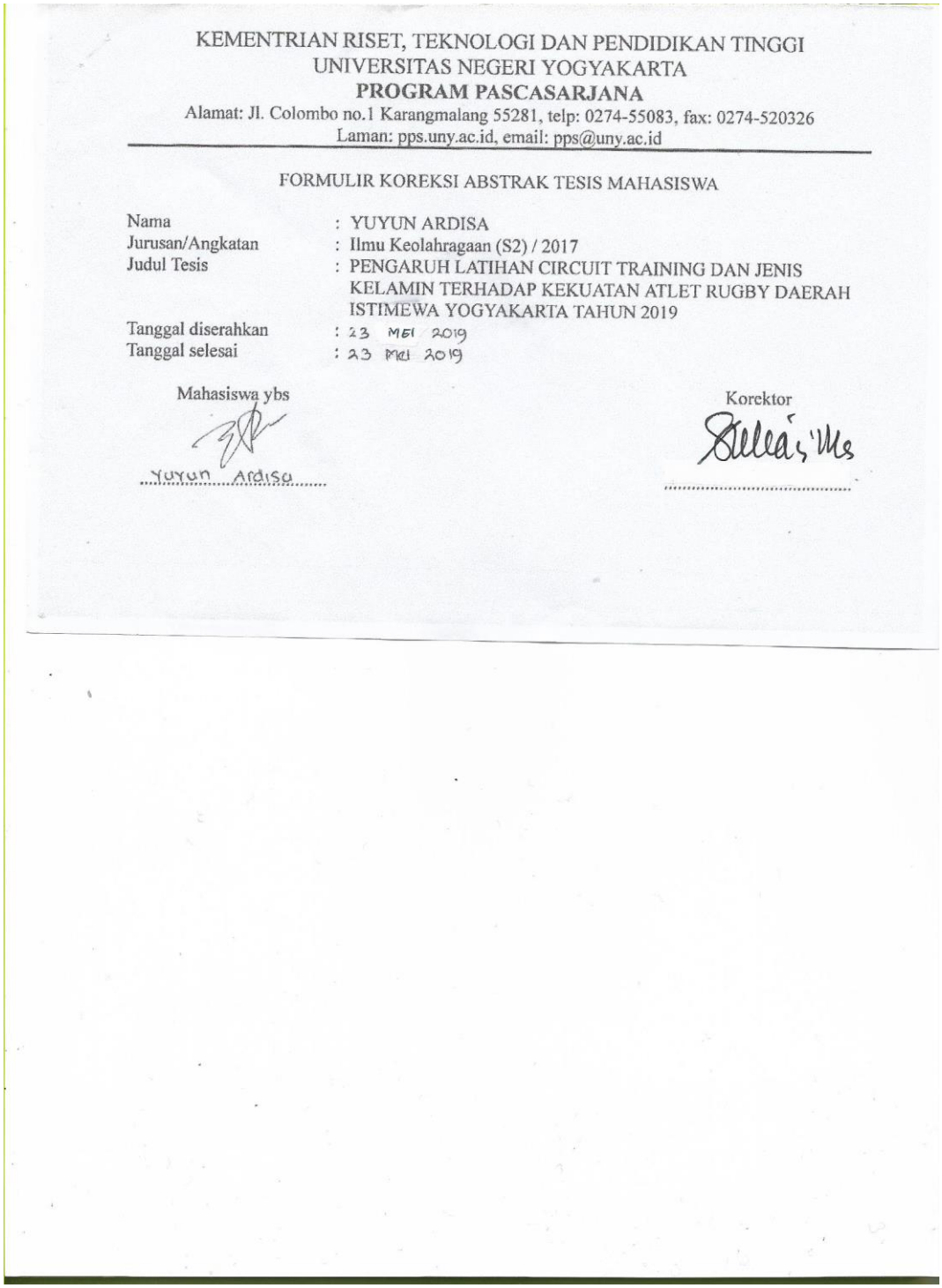
Tanggal : 3 Februari – 15 Maret 2019

Di Lapangan Klebengan

Tanggal : 17 April 2019 **Di Lapangan Klebengan**

Post Test

Lampiran 19. Koreksi Abstrak Mahasiswa



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Laman: pps.uny.ac.id, email: pps@uny.ac.id

FORMULIR KOREKSI ABSTRAK TESIS MAHASISWA

Nama	: YUYUN ARDISA
Jurusan/Angkatan	: Ilmu Keolahragaan (S2) / 2017
Judul Tesis	: PENGARUH LATIHAN CIRCUIT TRAINING DAN JENIS KELAMIN TERHADAP KEKUATAN ATLET RUGBY DAERAH ISTIMEWA YOGYAKARTA TAHUN 2019
Tanggal diserahkan	: 23 MEI 2019
Tanggal selesai	: 23 MEI 2019

Mahasiswa ybs

Yuyun Ardisa

Korektor

.....

Lampiran 20. Lembar Pemeriksaan Tesis

LEMBAR PEMERIKSAAN TESIS

Nama Mahasiswa : Yuyun Ardisa
No. Mahasiswa : 17711251017
Judul Tesis : PENGARUH LATIHAN CIRCUIT TRAINING DAN JENIS KELAMIN TERHADAP KEKUATAN ATLET RUGBY DAERAH ISTIMEWA YOGYAKARTA TAHUN 2019
Pembimbing : Dr. Ria Lumintuarso

HASIL PEMERIKSAAN

No	Komponen	Penilaian*	Rekomendasi
1	Rumusan Masalah	✓	hipotesis sesuaikan.
2	Sumber Asing :	✓	tahun minimal 3 thn.
	a. Textbooks		
	b. Artikel jurnal ilmiah/hasil penelitian		
3	Metode	✓	
4	Temuan	✓	
5	Kesimpulan	✓	
6	Daftar Pustaka	✓	Tambah.

*) diisi dengan ✓ serta komentar singkat

Keterangan:
1. Konsisten antara perumusan masalah, pertanyaan penelitian/hipotesis dan kesimulan
2. Sumber untuk membahas konsep per variabel:
   a. Minimal 5 textbooks
   b. Minimal 10 artikel jurnal ilmiah atau hasil penelitian
   *Keduanya berbahasa Inggris/Asing terbaru yang terbit dalam 8 tahun terakhir
3. Metode Penelitian
   a. Kuantitatif : (1) penentua populasi dan sampel, (2) bukti validitas dan reabilitas instrumen, (3) teknik analisa data
   b. Kualitatif : (1) jenis data, (2) sumber data, (3) teknik pengumpulan dan analisa data, (4) keabsahan data
4. Bab IV
   a. Temuan
   b. Pembahasan
   c Keterbatasan
5. Bab V memuat
   a. Kesimpulan: 1-2 halaman memuat jawaban masalah penelitian
   b. Implikasi
   c. Saran berdasar kesimpulan
6. Daftar pustaka yang ditulis harus dikutip, dan semua kutipan harus ada dalam daftar pustaka.

Penilaian dilakukan terhadap persayaratan administrasi bukan subtantif

Yogyakarta, 23 Mei 2019.
Pemeriksa

Menyetujui Perbaikan
Pembimbing

Dr. Ria Lumintuarso

Prof. Dr. Djoko Pekik Irianto